

## CONSUMER FOOD EVALUATION

### Contest Description:

The Consumer Foods Judging Contest is designed to measure the knowledge a 4-H member knows in making wise food choices. Food choices are made when we select food at supermarket, school, vending machines, fast food outlets, and restaurants. The contest is made up of six (6) to ten (10) classes of items. Each class contains four similar items, numbered 1, 2, 3, and 4 and has an accompanying scenario. The scenario describes a consumer and gives the needs to be considered when they decide to purchase the item. Factors influencing these needs include health, money, lifestyle, preferences, or other requirements which depend on the item given and the individual scenario. Reasons will NOT be required for any class.

A written/web-based exam will be given to each contestant. Questions will be multiple choice in format and question content will be derived from the study materials provided.

An educational experience will also be a part of this contest.

<b>Superintendent(s):</b>	Dr. Vicky Green
<b>Award:</b>	Louisiana 4-H Educational Trip
<b>Grade/Age Requirement(s):</b>	Must be enrolled in 8 <sup>th</sup> to 12 <sup>th</sup> Grade as of August 1, 2021
<b>Team or Individual Contest:</b>	Individual
<b>Number of Entries Per Parish:</b>	One (1) to four (4) entries

### Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. Contestants place four choices (best to worst) of each of classes, using a judging card. The Hormel System will be used for scoring.
3. Placing and cuts for each class will be assigned by nutrition specialists.
4. Each class will consist of a scenario and the four choices. Scenarios may include school lunch options, fast food restaurant, grocery store, family medical problems, etc. Choices could be individual foods, packaged food products, complete meals, a day's menu plan, etc.
5. Each participant will take a written/web-based exam on the study materials.
6. Contestants should be knowledgeable about the current Dietary Guidelines, MyPlate, the Food Label, unit pricing, cost-per-serving, product forms, quality standards, etc.
7. Contestants will be awarded 50 maximum points for each class and 50 maximum points for the exam. Participation in the contest's educational experience is required, however, no points are given for this component.
8. Ties will be broken by the exam score.
9. Setup and Timing: Contest schedules will be provided after registration for 4-HU is complete.

<b>Section I:</b>	Stations for non-reasons classes	5 minutes each class
<b>Section II:</b>	Written exam	Up to 60 minutes
<b>Section III:</b>	Educational Experience	Attendance is required. No points are given for this component.

**Additional Contest Information:***Examples of Possible Classes*

1. Convenience Foods/Beverages: Scratch, mix, canned, frozen for cost, nutrition (i.e. calcium content) and convenience
2. Fresh Produce: 4 sets of produce to judge for quality and variety.
3. School Lunch: Bag lunch, snack bar, hot line, salad bar for nutrition and/or food safety risk
4. Unit Pricing: Four different sizes of same product (ie seafood) for cost
5. Day's Menus: Four menus of breakfast, lunch, supper and two snacks for nutrition and health
6. Meal Plan: Four lunches for convenience, cost, and nutritional adequacy
7. Vending Machine: Four different snacks (can include beverages) for nutrition and health.
8. Fast Foods: Four meals for nutrition and health
9. Food safety: Four meals for food safety risk
10. Physical activity: Four activity logs for health (ie fulfill recommendations for physical activity)

*Example of Consumer Food Judging Class – Healthy Snacks*

Scenario: Samantha is looking for a healthy afternoon snack. She typically likes sweet snacks but knows that eating candy isn't her best option. She knows her snacks should be low in calories (about 150 calories) and low in fat while also providing fiber and protein. She knows fiber will help her feeling full longer, so she doesn't get too hungry before dinner. While shopping, she found the following items. Rank these items from best to worst options.

Option 1: Quaker Breakfast Cookies Calories: 170

Fat: 4.5 grams

Fiber: 5 grams

Protein: 3 grams

Option 2: All-Bran Oatmeal Raisin Bars Calories: 120 Fat:2.5 grams

Fiber: 5 grams

Protein: 2 grams

Option 3: Quaker Chewy Butterfinger Granola Bars Calories: 100

Fat: 2.5 grams Fiber: 1grams Protein:

1grams

Option 4: Fiber One Oats and Strawberries with Almonds Calories: 140

Fat: 3 grams

Fiber: 9 grams

Protein: 2

**ANSWER: 4-2-1-3      CUTS: 4-2-4**

Option 4: Is within the suggested 150 calories- has some protein but considerably more fiber than the other options. This will help her feel full longer and less likely to be hungry before dinner.

Option 2: is within the calories, has a good amount of fiber (not as much as option 4) and some protein.

Option 1: is slightly higher than the suggested amounts of calories but has a good amount of fiber and protein.

Option 3: is a small snack with only 1gram of fiber and protein each. This would not be a good snack to help her feel full or prevent her from being hungry before dinner.

**Contest Resource(s):**

- Louisiana 4-H Publication, “*Understanding the 4-H Judging Contest Process*” 2022 Ed.
- Louisiana 4-H Consumer Foods Evaluation Study Guide, 2022.
- MyPlate-U.S. Department of Agriculture -[www.myplate.gov](http://www.myplate.gov)
- Dietary Guidelines for Americans-[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)
- Food Labels-[www.nutrition.gov/.../food-labels](http://www.nutrition.gov/.../food-labels)